



Agriculture  
Canada


# PLANNING MENUS FOR SMALL INSTITUTIONS

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# Planning Menus for Small Institutions

Planning the menu is basic to any food-service operation. You must consider the staff and their skills, the available equipment, foods and funds. The foods should be appealing, nutritious and suitable for the clientele being served. This publication has been prepared to help plan varied menus for a food-service operation in a small institution. It includes information on using Canada's Food Guide in planning menus, and on standardized recipes, portion control, menu writing and cyclic menus. It also contains a section suggesting ways to use already cooked foods.

## Setting standards

It will be much easier to plan a menu if you decide on and set certain standards. Ask yourself:

- How many meals and snacks will you offer per day?
- Will you serve your big meal at noon or at night? Studies show that people sleep better if served their main meal at night.
- How many choices will you offer per meal?
- How often will you serve chops, steaks, roasts and casseroles?
- Will you serve soups or side salads with the noon meal, evening meal or with both?
- Will you serve bread with all meals? Will you offer butter or margarine with the bread?
- How often should you repeat items?
- Which grades of meat, fresh and canned fruits and vegetables and other produce should you purchase?
- What will the portion sizes be? Should you buy 140 g or 170 g chops, large or medium eggs?

## Using Canada's Food Guide in menu planning

Canada's Food Guide, page 34, helps in planning nutritious meals. When you are preparing a menu, be sure to include at least the number of recommended servings from each food group every day. The week's menu which follows is for a normal diet and is balanced according to the guide. How do your menus compare?

Check menus for all diets, whether regular, soft or special with the Food Guide using the scoreboard on page 4.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>1/2 grapefruit Choice of cold cereal French toast Maple or table syrup Milk Tea or coffee</p>	<p>Orange juice Cream of Wheat Cheese omelet Oatmeal muffin and butter or margarine Apple jelly Milk Tea or coffee</p>	<p>Tomato juice Choice of cold cereal Poached egg Toast and butter or margarine Raspberry jam Milk Tea or coffee</p>	<p>Stewed prunes Choice of cold cereal Fried egg Bacon Toast and butter or margarine Peach jam Milk Tea or coffee</p>	<p>Mixed vegetable juice Red River Cereal Boiled egg Bran muffin and butter or margarine Blueberry jam Milk Tea or coffee</p>	<p>Grapefruit juice Choice of cold cereal Poached egg Toast and butter or margarine Honey Milk Tea or coffee</p>	<p>Apple juice Oatmeal Boiled egg Toast and butter or margarine Strawberry jam Milk Tea or coffee</p>
LUNCHEON	<p>Sausage apple casserole* French style green beans Fresh fruit cup Brownie Milk Tea or coffee</p>	<p>Hearty beef soup* Vegetable salad sandwich* Peach shortcake Milk Tea or coffee</p>	<p>Egg roll Turkey chow mein* Rice Canned or fresh pears Ginger cookies Milk Tea or coffee</p>	<p>Pepperoni pizza* Mixed green salad Blueberry upside-down cake Milk Tea or coffee</p>	<p>Baked beans Creamy coleslaw Toast Apple crisp Milk Tea or coffee</p>	<p>Grilled cheese puffs* Sweet and sour beans* Carrot nut cake* Milk Tea or coffee</p>	<p>Beef stuffed cabbage rolls Kernel corn Baked apple Bread and butter or margarine Milk Tea or coffee</p>
DINNER	<p>Chicken noodle soup Braised liver Braised onions Green peppers with bread crumb stuffing* Cheese and crackers Fresh apple Milk Tea or coffee</p>	<p>Vegetable soup Hawaiian ham* Broccoli Rice Mixed green salad Caramel custard Bread and butter or margarine Milk Tea or coffee</p>	<p>Cream of mushroom soup Baked fish with Spanish sauce Mashed potatoes Coleslaw Chocolate milk pudding Milk Tea or coffee</p>	<p>Beef barley soup Turkey à la king on toast cups Broiled 1/2 tomato Brussels sprouts Gingerbread with applesauce Milk Tea or coffee</p>	<p>Chicken rice soup Irish stew* Tossed salad Strawberry yogurt Bread and butter or margarine Milk Tea or coffee</p>	<p>Cream of celery soup Roast pork with applesauce Cauliflower and peas Mashed potatoes Rhubarb raisin compote* Bread and butter or margarine Milk Tea or coffee</p>	<p>Cream of tomato soup Baked chicken Mashed turnip Roast or baked potatoes Spinach salad* Ice cream Bread and butter or margarine Milk Tea or coffee</p>

\* Recipes are included in this publication.

## How to score

For each food served that belongs to a food group, shade in the appropriate square or portion of a square (one square represents one serving). For example, 250 mL milk would have one square shaded and 125 mL yogurt would have 1/2 square shaded in the milk and milk products group. In the fruits and vegetables group, put a "V" on each shaded square representing a vegetable serving. An adequate menu shows four or five shaded squares with at least two "V" or vegetable servings.

Squares left blank mean foods are lacking from one or more of the food groups.

## Extra servings





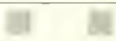






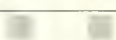
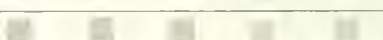
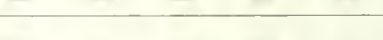

Extra servings from a food group should not be included on the scoreboard. Beware of extra servings. They are acceptable only if other food groups are not neglected and the diner can afford the additional calories.

## Scoring mixed dishes

Although a few mixed dishes (such as cabbage, carrot and raisin salad) contain ingredients from a single food group, most contain foods from several groups. To score these dishes, separate their main ingredients. For example:

200 mL beef and vegetable stew  
 beef — 1 serving meat and alternates  
 onion, potatoes, carrot — 1 serving fruits and vegetables

## Scoreboard\*

ADULTS	Milk and milk products — 2 servings	
	Bread and cereals — 3 to 5 servings	
	Fruits and vegetables — 4 to 5 servings (at least 2 vegetables)	
	Meat and alternates — 2 servings	
ADOLESCENTS	Milk and milk products — 2 servings	
	Bread and cereals — 3 to 5 servings	
	Fruits and vegetables — 4 to 5 servings (at least 2 vegetables)	
	Meat and alternates — 2 servings	
CHILDREN UP TO 11 YEARS	Milk and milk products — 2 to 3 servings	
	Bread and cereals — 3 to 5 servings	
	Fruits and vegetables — 4 to 5 servings (at least 2 vegetables)	
	Meat and alternates — 2 servings	
PREGNANT AND NURSING WOMEN	Milk and milk products — 3 to 4 servings	
	Bread and cereals — 3 to 5 servings	
	Fruits and vegetables — 4 to 5 servings (at least 2 vegetables)	
	Meat and alternates — 2 servings	

\* One square represents one serving. Dark squares represent minimum recommended servings; lighter squares represent optional additional servings suggested in the Food Guide.

Here is how Saturday of the sample menu on page 3 would score for an adult.

### NUMBER OF SERVINGS

	<i>Milk and milk products</i>	<i>Bread and cereals</i>	<i>Fruits and vegetables</i>	<i>Meat and alternates</i>
<b>BREAKFAST</b>				
Grapefruit juice			1	
Choice of cold cereal		1		
Poached egg				1/2
Slice toast		1		
Raspberry jam				
Milk — 1 glass	1			
Tea or coffee				
<b>LUNCHEON</b>				
Grilled cheese puffs		1		1/2*
Sweet and sour beans			1(V)	
Carrot nut cake		1		
Milk — 1 glass	1			
Tea or coffee				
<b>DINNER</b>				
Cream of celery soup	1/2			
Roast pork with applesauce				1
Cauliflower and peas			1(V)	
Mashed potatoes			1(V)	
Rhubarb raisin compote			1	
Slice bread		1		
Milk — 1 glass	1			
Tea or coffee				
<b>Total servings</b>	<b>3 1/2</b>	<b>5</b>	<b>5(3V)</b>	<b>2</b>

\* Count cheese in only one group, either milk and milk products or meat and alternates, not in both.

### SCOREBOARD FOR AN ADULT

Milk and milk products — 2 servings	■	■			
Bread and cereals — 3 to 5 servings	■	■	■	■	■
Fruits and vegetables — 4 to 5 servings (at least 2 vegetables)	■	■	■	■	■
Meat and alternates — 2 servings	■	■			

## Writing a menu

Choose the noon and evening main dishes. These items cost the most and are the basis of the meal. Health and Welfare Canada nutritionists recommend using fish or poultry at least four times a week for either of the two main meals.

Decide on the vegetables to serve with the entrées. Choose vegetables with a different texture, shape and color from those of the entrée. If an entrée has sauce, do not serve a creamed vegetable with it. Avoid using two members of the cabbage family in the same meal, i.e., cabbage, cauliflower, broccoli, Brussels sprouts, or turnip. For example, with cabbage rolls, serve a vegetable that is not as strongly flavored. If an entrée contains pasta or potatoes, you don't need rice, pasta or potatoes to go with it.

Decide on the salads or soups that will suit the entrées and vegetables. For some meals a salad or a soup is not necessary. Soups and salads should not repeat any of the foods used in the entrée and vegetables of a meal. When serving a cold plate for a meal, omit the side salad. If the entrée is a creamed dish, be sure not to serve cream soup.

Add desserts to the menu. Desserts containing fruit can add color and extra nutrition to a meal. Limit empty-calorie foods such as cake or cream pies. If there is rice in the main course, serve a dessert other than rice pudding.

Plan breakfast and snacks to complete each day's nutritional needs. Do not repeat any item already offered during the day.

Check the menu. Does each meal have a variety of color, flavor, texture and shape? Have appropriate garnishes been included? Has any food been duplicated in a meal or during the same day? Does the menu check out nutritionally with Canada's Food Guide? Can the staff handle the workload? Will the ovens be overloaded? Does any food show up too frequently throughout the week? Are the foods seasonal and currently available?

## Cyclic menus

A cyclic menu contains a set of meals for 3 weeks or more, and is rotated. If well planned, it allows for efficient use of staff and equipment so that neither is over- or under-used. A cyclic menu can save a lot of planning time.

## Timeliness

Cyclic menus should be seasonal. They should allow for changes in availability and prices of food throughout the year. For example, in summer fresh fruit and vegetable prices are lower, and in winter frozen or canned produce usually costs less than fresh. Also, people prefer lighter foods during summer, so more salads would be in order. Four menus are most useful — one each for spring, summer, fall and winter.

## Flexibility

A cyclic menu should be flexible. It should allow for special prices, non availability of a food, changes in food cost, trying out new recipes and fitting in special foods for special occasions and holidays. It is meant for convenience and guidance rather than as a rigid pattern.

## Cycle length

The length of time a cyclic menu covers depends on the operation for which it is intended. A nursing home with an unchanging clientele needs a longer cycle to prevent repetition and boredom than a general hospital where the patient turnover is higher. Some food services may prefer a 29 day cycle, for example, to a 4-week (28 day) cycle so that their clientele doesn't associate a particular meal with a particular day. A 3 to 5 week cycle is considered a good length for a nursing home.

## Evaluation

At the end of each cycle evaluate and change any items that were not popular, or have become too expensive to keep on the menu. Check plate returns frequently. Keep records of food cost and number of portions served of each food. This saves time and effort in reordering supplies and also helps keep costs within the budget. A carefully planned cyclic menu prevents cost variation from week to week and cycle to cycle, but only by keeping records will you know how well it does the job.



## Standardized recipes

A standardized recipe is a product formula developed from testing. The record usually includes the name, number of portions, portion size, cooking time and temperature and pan size, and it lists ingredients, required amounts (mass, volume or both) and method of preparation. Every food service operation should have a standardized recipe file as a basic tool. Use it to cost a recipe before it is served, rather than after, and know ahead of time whether the food cost stays within the budget.

See examples of standardized recipes on pages 7 to 29.

## Uniform product

Standardized recipes assure the same quality and quantity every time a food is served. They avoid waste through failures or making too much. A client's satisfaction comes from knowing that the beef stroganoff will be as good today as it was the last time. If the cook is away one day, the person who takes over has only to use standardized recipe cards to prepare the day's meals.

## Help with food orders

Standardized recipes also help when ordering food supplies. You won't have to guess the amounts to buy or worry about forgetting something since the ingredients and amounts are all written on the recipe card. If the same number of portions is made each time, the recipe card is a ready-made grocery list. It saves on time and prevents buying too much.

## Food cost

Standardized recipes do not guarantee reduced food costs but they provide a means of control. They must be accompanied by standard methods of preparation, constant checking of prices for good buys, and portion control. Method of preparation and serving size should be written in the recipe and closely followed. This will ensure the desired number of portions, a uniform product, and a minimum of waste.

## Portion control

Portion control means using measured servings. It ensures that each person is served a designated amount of each food. It guarantees having a specific number of servings in each batch of food from a standardized recipe. It prevents running out of an item halfway through service because portions served first were too big. The serving staff must use the correct size ladles and scoops and sometimes scales to measure portions accurately. Don't lose money from oversized portions. Note what is returned on plates.

As a guide to portion sizes, use the serving sizes suggested in Canada's Food Guide, page 34, and serving sizes suggested in the recipes, pages 7 to 29.

## What to do with unserved cooked food

Unserved food must not be wasted. The challenge is to use it in such a way that people don't feel they are getting leftovers. Proper planning and portion control lessens the problem of leftover food but there are times it cannot be avoided. Plan menus to include leftover foods if possible. If the food can be frozen and there is enough freezer space, freeze individual portions for future use as alternative selections. Label the package with product name and freezing date and use within 3 months. Some suggestions for using already cooked foods follow.

---

## BEEF

---

Barbecued beef  
Cold meat plate  
Beef stew  
Beef stroganoff  
Beef hash  
Meat croquettes  
Beef turnovers\*  
Beef pot pie  
Beef chow mein\*  
Shepherds pie  
Hot beef sandwich  
Chef salad bowl\*  
Beef stuffed peppers  
Curried beef  
Corned beef hash  
Meat loaf  
Beef noodle casserole  
Reuben sandwich  
Hearty beef soup\*

---

## VEAL

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Veal fricassee  
Veal chow mein\*  
Hot veal sandwich  
Cold meat plate  
Chef salad bowl\*  
Veal à la king  
Curried veal  
Veal loaf  
Veal noodle casserole  
Veal and ham pie\*  
Veal turnovers\*

---

## CHICKEN OR TURKEY

---

Chicken or turkey à la king  
Turkey divan  
Creamed chicken or turkey  
Chicken or turkey turnovers\*  
Hot chicken or turkey salad  
Chicken or turkey loaf  
Chicken or turkey pie  
Chicken or turkey soufflé  
Chicken or turkey croquettes  
Chicken or turkey tetrazzini  
Chicken or turkey casserole with rice or noodles  
Curried chicken or turkey  
Chicken or turkey chow mein\*  
Chicken or turkey salad sandwiches  
Cold meat plate  
Hot chicken or turkey sandwiches  
Club sandwich  
Chef salad bowl\*  
Chicken or turkey burgers  
Barbecued chicken or turkey on a bun

---

## PORK

---

Pork noodle casserole  
Hawaiian ham\*  
Pork turnovers\*  
Ham soufflé  
Ham chowder  
Pork hash  
Pork chow mein\*  
Sweet and sour pork  
Cold meat plate  
Hot pork sandwich  
Barbecued pork  
Chef salad bowl  
Ham and corn fritters  
Bacon-cheese rarebit  
Ham croquettes  
Pork patties  
Pork tetrazzini  
Ham à la king  
Barbecued pork on a bun  
Veal and ham pie\*  
Ham jambalaya

---

## LAMB

---

Lamb pot pie  
Barbecued lamb  
Lamb hash  
Cold meat plate  
Curried lamb  
Irish stew  
Scotch broth  
Lamb noodle casserole  
Lamb turnovers\*

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## VEGETABLES

---

Cream soups  
Potatoes — topping on shepherds pie  
          — potato salad  
          — O'Brien potatoes\*  
Marinated vegetable salads  
Rutabaga (turnip) and potato bake\*  
Vegetable fritters\*

---

## CHEESE

---

Soufflés  
Au gratin sauces  
Omelets

---

## EGG WHITES

---

Angel cakes  
Meringues  
Dessert soufflés

---

## BREADS AND CRACKERS

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Croutons  
Applesauce bread pudding\*  
Bread stuffing  
Melba toast  
Dry cracker or bread crumb toppings

---

## CEREALS AND PASTAS

---

Meat and pasta or rice casseroles  
Soups  
Dessert toppings (cereals)

---

## MISCELLANEOUS

---

Bones — soups  
          — stocks  
Leftover fats — browning onions for casseroles  
Sour milk — use in recipes calling for sour  
                  milk, eggs, pancakes, muffins,  
                  biscuits, chocolate cake

\* Recipes are included on pages 7 to 29.



# Eat a variety of foods from each group every day

Energy needs vary with age, sex and activity. Foods selected according to the guide can supply 1000-1400 calories. For additional energy, increase the number and size of servings from the various food groups or add other foods.

## milk and milk products

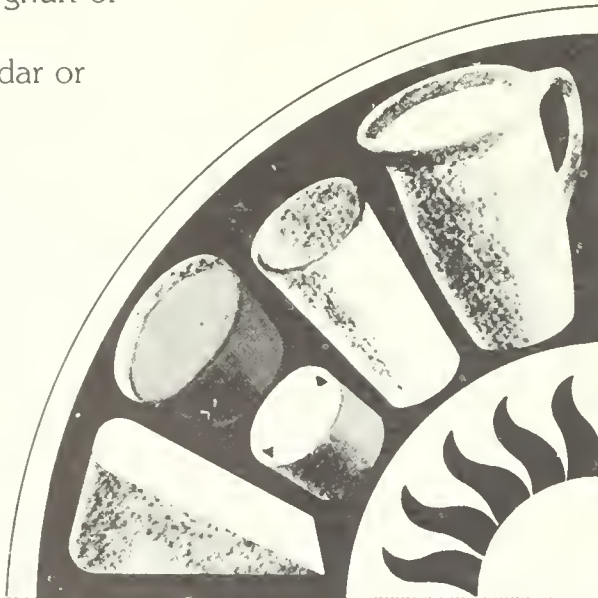
Children up to 11 years	2-3 servings
Adolescents	3-4 servings
Pregnant and nursing women	3-4 servings
Adults	2 servings

Skim, 2%, whole, buttermilk, reconstituted dry or evaporated milk may be used as a beverage or as the main ingredient in other foods. Cheese may also be chosen.

### Examples of one serving

- 250 ml (1 cup) milk, yoghurt or cottage cheese
- 45 g (1½ ounces) cheddar or process cheese

In addition, a supplement of vitamin D is recommended when milk is consumed which does not contain added vitamin D.

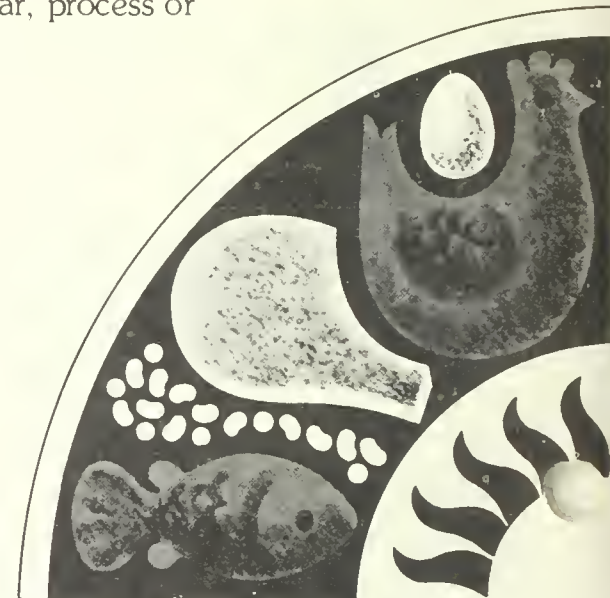


## meat and alternates

### 2 servings

### Examples of one serving

- 60 to 90 g (2-3 ounces) cooked lean meat, poultry, liver or fish
- 60 ml (4 tablespoons) peanut butter
- 250 ml (1 cup) cooked dried peas, beans or lentils
- 80 to 250 ml (⅓-1 cup) nuts or seeds
- 60 g (2 ounces) cheddar, process or cottage cheese
- 2 eggs



## bread and cereals

### 3-5 servings

whole grain or enriched. Whole grain products are recommended.

### Examples of one serving

- 1 slice bread
- 125 to 250 ml (½-1 cup) cooked or ready-to-eat cereal
- 1 roll or muffin
- 125 to 200 ml (½-¾ cup) cooked rice, macaroni, spaghetti



## fruits and vegetables

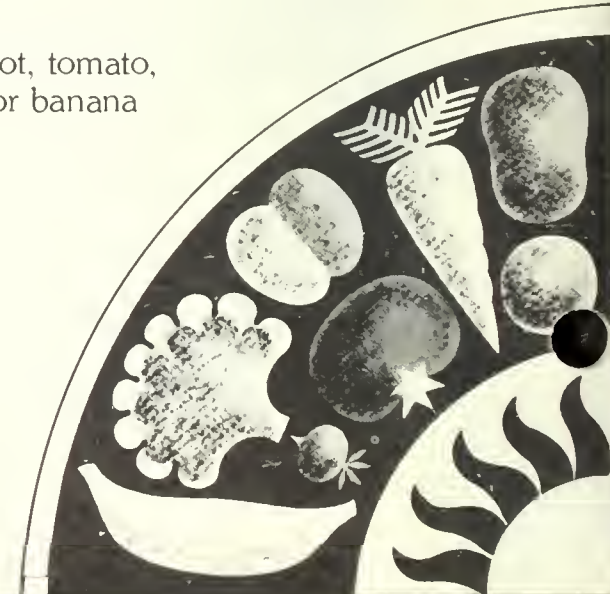
### 4-5 servings

Include at least two vegetables.

Choose a variety of both vegetables and fruits — cooked, raw or their juices. Include yellow or green or green leafy vegetables.

### Examples of one serving

- 125 ml (½ cup) vegetables or fruits
- 125 ml (½ cup) juice
- 1 medium potato, carrot, tomato, peach, apple, orange or banana



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## Sources of information

### Wholesale price reports

The following reports are available free from:  
Marketing Services Division  
Agriculture Canada  
Sir John Carling Building  
Ottawa K1A 0C5  
(613) 995-5880

#### POULTRY

Poultry Market Report (Weekly)  
Poultry Market Review (Quarterly and Annual)

#### DAIRY

Dairy Produce Market Report (Weekly)  
Dairy Market Review (Annual included as supplement to the Weekly)

#### LIVESTOCK

Canada Livestock and Meat Trade Report (Weekly)  
Livestock Market Review (Annual)

#### FRUIT AND VEGETABLE

Daily Potato Market Report (Daily, October to June)  
Fruit, Vegetable and Honey Crop and Market Report (Weekly)  
Wholesale-to-retail Quotations on Imported Fruit and Vegetables (Weekly; available separately for Montreal and Toronto)

#### FOOD OUTLOOK REPORT

This is a two page bulletin issued monthly. It indicates to food buyers the direction in which Canadian wholesale food supplies and prices will move in the next month. Food Outlook is available free of charge from:  
Policy, Planning and Economics Branch  
Agriculture Canada  
Sir John Carling Building  
Room 303  
Ottawa K1A 0C5

### Agriculture Canada publications

Agriculture Canada publications for the food service industry are Publication 1656, *Buying and Storing Canadian Foods*, and Publication 1657, *Preparing Vegetables for 50*. For a free copy, write to:

Information Services  
Agriculture Canada  
Ottawa K1A 0C7

### Consultation:

For more information, contact:  
Food consultants  
Food Advisory Division  
Agriculture Canada  
Ottawa K1A 0C5  
(613) 995-5880

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Cette publication est aussi disponible en français et s'intitule « *Préparation de menus pour les petites institutions* ».

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#### KITCHEN METRICS

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##### VOLUME

Use metric measures for metric recipes. Measures are marked in millilitres (mL) and are available in the following sizes:

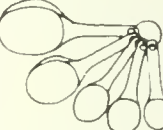
1000 mL = 1L  
500 mL  
250 mL



250 mL  
125 mL  
50 mL



25 mL  
15 mL  
5 mL  
2 mL  
1 mL



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##### TEMPERATURE

Most commonly used oven temperatures

°C replaces	°F	°C replaces	°F
100	200	190	375
150	300	200	400
160	325	220	425
180	350	230	450

Refrigerator temperature: 4°C replaces 40°F  
Freezer temperature: -18°C replaces 0°F

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##### MASS

1 kg (1000 g) is slightly more than 2 pounds  
30 g is about 1 ounce

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##### LENGTH

1 cm (10 mm) is slightly less than 1/2 inch  
5 cm is about 2 inches

---

##### PRESSURE

Pressure for pressure cookers and canners is measured in kilopascals (kPa) instead of pounds per square inch (PSI).

kPa replaces	PSI
35	5
70	10
100	15

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# Recipes

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Planning Menus for  
Small  
Institutions

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## APPLESAUCE BREAD PUDDING

48 servings (8 × 8 cm each)

INGREDIENTS	MASS	VOLUME	METHOD
Dry bread	2.2 kg	80 slices	Layer $\frac{1}{3}$ bread into two 7 L (30 × 45 × 5 cm) greased pans. Combine applesauce and raisins. Cover with $\frac{1}{2}$ applesauce mixture, $\frac{1}{3}$ bread, remaining applesauce mixture, then remaining bread.
Applesauce	3.1 kg	3 L	
Raisins	320 g	500 mL	
Eggs	600 g	12 OR 600 mL	Combine. Pour over bread. Bake 45 min at 180°C. Serve warm or chilled.
Milk		1.5 L	
White sugar	500 g	575 mL	
Lemon rind, grated		30 mL	
Cinnamon		10 mL	

Variation: Make as APPLESAUCE BREAD PUDDING but use 80 slices raisin bread in place of dry bread, raisins and cinnamon

## CARROT NUT CAKE

54 servings (5 × 5 cm each)

INGREDIENTS	MASS	VOLUME	METHOD	
All-purpose flour	900 g	1.5 L	Combine.	
White sugar	700 g	875 mL		
Baking powder	25 g	25 mL		
Baking soda	15 g	15 mL		
Cinnamon	5 g	10 mL		
Nutmeg	5 g	10 mL		
Cloves	6 g	10 mL		
Salt	10 g	7 mL		
Shortening	500 g	675 mL		Add. Mix until crumbly.
Walnuts	250 g	425 mL		Add. Mix well.
Carrots, grated	850 g A.P. 700 g E.P.	1.5 L	Add. Mix just enough to blend. Pour into greased 7 L (30 × 45 × 5 cm) pan. Bake at 180°C until cake springs back when pressed lightly (45 to 50 min). Cool. Spread with CREAM CHEESE ICING. Cut 6 × 9.	
Eggs	300 g	6 OR 300 mL		
Milk		250 mL		



### Cream cheese icing

INGREDIENTS	MASS	VOLUME	METHOD
Cream cheese, softened	2 packages (227 g each)		Cream.
Oil		125 mL	Blend in.
Icing sugar	500 g	1 L	Gradually add. Mix until smooth. Spread on cake. Chill.
Salt		0.5 mL	

### RHUBARB RAISIN COMPOTE

48 servings (125 mL each)

INGREDIENTS	MASS	VOLUME	METHOD
Brown sugar	650 g	1 L	Combine and heat until sugar is dissolved.
Water		1.5 L	
Rhubarb, fresh or frozen, thawed, 2.5 cm pieces	3.5 kg	7.5 L	Add and simmer until tender (3 to 5 min).
Raisins	400 g	600 mL	
Cornstarch	65 g	125 mL	Combine. Add to rhubarb mixture and cook until thick and clear. Remove from heat.
Water		250 mL	
Vanilla		15 mL	Stir in and chill.



50 servings (250 mL each)

INGREDIENTS	MASS	VOLUME	METHOD
Onion, coarsely chopped	600 g A.P. 550 g E.P.	1 L	Sauté onion in hot fat 3 to 5 min.
Fat	125 g	125 mL	
Cornstarch	170 g	325 mL	Blend to a smooth paste.
Salt		25 mL	
White sugar	105 g	125 mL	
Chicken bouillon or broth		250 mL	
Chicken bouillon or broth		2 L	Add to onion in large kettle or pan. Stir in cornstarch mixture and cook until thick and clear, stirring constantly.
Soy sauce		375 mL	
Chicken, beef or pork, cooked, cubed	3 kg	5 L	Add to mixture. Cook gently 5 to 8 min, stirring constantly.
Celery, diagonally cut	650 g A.P. 500 g E.P.	1 L	
Green pepper, coarsely chopped	500 g A.P. 400 g E.P.	850 mL	
Mushrooms, sliced, canned, drained		6 cans (284 mL each)	
Bean sprouts, fresh or canned, drained		1 can (2.84 L)	Add and heat thoroughly.
Chow mein noodles	2 cans (142 g each)		Sprinkle over chow mein.

## HAWAIIAN HAM

50 servings (200 mL each)

INGREDIENTS	MASS	VOLUME	METHOD
Onion, coarsely chopped	500 g A.P. 450 g E.P.	750 mL	Sauté onion in margarine until transparent.
Margarine	250 g	250 mL	
Cornstarch	120 g	250 mL	Combine. Add to onions. Stir and cook until thick and clear.
Salt		10 mL	
Brown sugar	150 g	250 mL	
Vinegar		350 mL	
Pineapple juice		1 L	
Soy sauce		50 mL	
Celery, chopped	500 g A.P. 450 g E.P.	750 mL	Add to sauce and heat thoroughly.
Green pepper, sliced	500 g A.P. 400 g E.P.	850 mL	
Ham, cubed	5 kg	6 L	
Pineapple chunks, drained		1 can (2.84 L)	Add. Serve over rice, if desired





## GRILLED CHEESE PUFFS

50 servings

INGREDIENTS	MASS	VOLUME	METHOD
Mild cheddar cheese, grated	2 kg	5.4 L	Combine.
Prepared mustard		50 mL	
Chili sauce		125 mL	
Salad dressing or mayonnaise		375 mL	
Bacon	1.5 kg	50 slices	Cut bacon slices in half. Fry until almost crisp.
Hamburger buns, cut in half		25 buns	Spread each half with 50 mL cheese mixture, top with 2 pieces bacon. Broil 10 cm from heat until cheese melts (1 to 2 min).

## IRISH STEW

50 servings (200 mL each)

INGREDIENTS	MASS	VOLUME	METHOD
Boneless stewing lamb	6 kg A.P. 4.3 kg E.P.	4.8 L	Cut meat in 1.5 cm cubes. Brown in oil. Sprinkle with flour and brown again.
Oil	50 g	50 mL	
Flour	300 g	500 mL	
Water		4 L	
Salt		30 mL	Add and simmer 1 h 15 min to 1 h 30 min. Add more water, if necessary.
Pepper		5 mL	
Thyme		15 mL	
Garlic cloves, crushed		3	
Potatoes, large cubes	2 kg A.P. 1.8 kg E.P.	2.8 L	Add and simmer additional 1 h 15 min or until vegetables and meat are tender.
Rutabagas, large cubes	1 kg A.P. 850 g E.P.	1.4 L	
Carrots, 2.5 cm slices	2 kg A.P. 1.5 kg E.P.	2.5 L	
Onion, chopped	600 g A.P. 550 g E.P.	1 L	
Celery, diced	1 kg A.P. 900 g E.P.	1.6 L	



## MEAT TURNOVERS

44 servings (1 turnover each)

INGREDIENTS	MASS	VOLUME	METHOD
All-purpose flour	3.6 kg	6 L	Mix at #2 speed 30 to 45 seconds.
Salt		50 mL	
Shortening, room temperature	1.4 kg	1750 mL	
Water		1.3 L	Add slowly, mix 15 seconds. Roll to 5 mm thickness. Cut in 15 cm squares.
Cooked meat, coarsely ground	2 kg	5 L	Combine.
Onion, finely chopped	300 g A.P. 275 g E.P.	500 mL	
Worcestershire sauce		50 mL	
Celery, chopped	300 g A.P. 275 g E.P.	500 mL	
Salt		15 mL	
Pepper		5 mL	
Sage		5 mL	
Bouillon or stock		1 L	Add to meat mixture. Portion 100 mL on each pastry square. Fold into triangles. Press edges with fork. Prick top. Bake 25 min at 220°C. Serve with gravy or sauce, if desired.

## PEPPERONI PIZZA

54 servings (10 × 15 cm each)

INGREDIENTS	MASS	VOLUME	METHOD
Pizza dough	3 balls (1.2 kg each)		Roll each ball to fit 7 L (43 × 61 × 3 cm) pan.
Tomato sauce		2.2 L	Combine. Pour 1/3 sauce on each pan of pizza dough.
Garlic salt		15 mL	
Dried oregano		30 mL	
Dried parsley		50 mL	
Pepper		5 mL	
Mushrooms, sliced, canned, drained		750 mL	Sprinkle over tomato sauce.
Pepperoni, thinly sliced	900 g A.P. 850 g E.P.	1.5 L	
Green pepper, chopped	450 g A.P. 350 g E.P.	750 mL	
Mozzarella cheese, grated	1.7 kg	3.8 L	Sprinkle over pizza. Bake 25 to 30 min at 230°C. Cut 3 × 6.



### Pizza dough

3 balls (1.2 kg each)

INGREDIENTS	MASS	VOLUME	METHOD
White sugar	50 g	60 mL	Dissolve sugar in water.
Lukewarm water		1.5 L	
Active dry yeast		30 mL	Sprinkle over water. Let stand 10 min.
All-purpose flour	2.2 kg	3.5 L	Combine. Add yeast mixture. Mix at low speed until smooth and elastic. Cover and let rise until double in bulk. Punch down. Let rest 10 min. Divide into 3 balls. Each ball will fit a 7 L (43 × 61 × 3 cm) pan.
Salt		15 mL	

### SAUSAGE APPLE CASSEROLE

50 servings (200 mL each)

INGREDIENTS	MASS	VOLUME	METHOD
Pork sausages	6 kg A.P. 3.5 kg E.P.	5.5 L	Brown sausages. Drain; reserve drippings. Slice sausages.
Sausage drippings		250 mL	Combine with sausages. Portion into individual 250 mL baking dishes.
Applesauce	3 kg	1 can (2.84 L)	
Nutmeg		10 mL	
Salt		10 mL	
Pepper		2 mL	
Fresh parsley, chopped		50 mL	
Broad noodles	1 kg A.P. 3 kg E.P. (cooked)	3 L	
Dry bread crumbs, buttered	200 g	375 mL	Combine. Top each dish with 10 mL of mixture. Bake 30 min at 180°C.
Fresh parsley, chopped		60 mL	



## VEAL AND HAM PIE

48 servings (6 × 6 cm each)

INGREDIENTS	MASS	VOLUME	METHOD
Condensed cream of mushroom soup		2.8 L	Combine. Place in two 7 L (30 × 45 × 5 cm) pans.
Milk		500 mL	
Veal, cooked, cubed	3 kg	4.6 L	
Ham, cooked, cubed	1.6 kg	2.2 L	
Potato, cooked, diced	1.9 kg A.P. 1.5 kg E.P.	2.2 L	
Mixed peas and carrots	1.8 kg	2 L	
Pepper		5 mL	
Dry mustard		15 mL	
Marjoram		5 mL	
All-purpose flour	850 g	1.5 L	Combine.
Baking powder		75 mL	
Salt		15 mL	
Shortening	225 g	300 mL	Add to flour. Mix at low speed until crumbly.
Milk		750 mL	Add all at once. Mix only to combine. Divide in two balls. Roll to 2 mm thickness and place over meat mixture. Cut dough 4 × 6. Bake 35 to 40 min at 180°C.

## CHEF SALAD BOWL

50 servings (275 mL each)

INGREDIENTS	MASS	VOLUME	METHOD
Head lettuce	2.2 kg A.P. 2.1 kg E.P.	4 heads	Tear.
Celery, sliced	550 g A.P. 500 g E.P.	1 L	Add. Season with salt and pepper. Toss gently. Chill.
Green onion, sliced	180 g A.P. 150 g E.P.	500 mL	
Radishes, sliced	300 g A.P. 250 g E.P.	750 mL	
Green pepper, diced	200 g A.P. 150 g E.P.	300 mL	
Tomatoes, cut in wedges	2.2 kg A.P. 2.1 kg E.P.	3.3 L	
Cucumber, peeled, diced	600 g A.P. 500 g E.P.	750 mL	
Swiss cheese, cut in strips	1 kg	2.5 L	
Cooked ham, cut in strips	1 kg	2.5 L	
Cooked chicken or turkey, cut in strips	1 kg	2.5 L	
French dressing		1 L	Serve with salad.





## SPINACH SALAD

50 servings (250 mL each)

INGREDIENTS	MASS	VOLUME	METHOD
Spinach	2.2 kg A.P. 1.8 kg E.P.	11 L	Tear and combine.
Lettuce	2.2 kg A.P. 2 kg E.P.	8 L	
Onion, sliced	300 g A.P. 250 g E.P.	750 mL	Add.
Bacon	500 g	250 mL	Fry and drain. Crumble and add to salad
Oil		375 mL	Combine and mix thoroughly. Add to salad just before serving and toss.
Red wine vinegar		375 mL	
Salt		15 mL	
Dry mustard		15 mL	
Paprika		15 mL	
Garlic powder		5 mL	

## VEGETABLE SALAD SANDWICHES

50 open-face sandwiches

INGREDIENTS	MASS	VOLUME	METHOD
Radishes, finely chopped	500 g A.P. 450 g E.P.	1 L	Combine. Let stand for 1 h. Drain.
Cucumber, finely chopped	1.5 kg A.P. 1.5 kg E.P.	2.2 L	
Green pepper, finely chopped	600 g A.P. 450 g E.P.	1 L	
Onion, finely chopped	300 g A.P. 280 g E.P.	500 mL	
Salt		20 mL	
Pepper		3 mL	
Salad dressing or mayonnaise		375 mL	Add just before serving and mix well.
Rye bread, buttered		50 slices	Portion 50 mL of mixture onto each bread slice. Garnish with radish slices or green pepper rings, if desired.



## HEARTY BEEF SOUP

50 servings (200 mL each)

INGREDIENTS	MASS	VOLUME	METHOD
Ground beef	2.3 kg		Brown meat with celery onion and garlic until onion is transparent. Drain off excess fat.
Celery, chopped	600 g A.P. 550 g E.P.	1 L	
Onion, thinly sliced	450 g A.P. 400 g E.P.	850 mL	
Garlic cloves		4	
Cabbage, grated	300 g A.P. 250 g E.P.	750 mL	Add and simmer 30 min, stirring occasionally. Cool, skim off fat.
Rutabaga, chopped	450 g A.P. 350 g E.P.	625 mL	
Carrots, chopped	450 g A.P. 350 g E.P.	625 mL	
Beef bouillon or stock		5 L	
Canned tomatoes		4 cans (796 mL each)	
Salt		25 mL	
Pepper		5 mL	
Bay leaves		4	
Basil		10 mL	
Worcestershire sauce		25 mL	
Macaroni, uncooked	500 g A.P.	1 L	Add, simmer 15 min

## GREEN PEPPERS WITH BREAD CRUMB STUFFING

50 servings (1/2 pepper each)

INGREDIENTS	MASS	VOLUME	METHOD	
Green peppers	4.2 kg A.P. 3.5 kg E.P.	25	Cut in halves lengthwise and remove seeds.	
Onion, chopped	1 kg A.P. 900 g E.P.	1 L		
Fat	200 g	200 mL	Sauté onion in fat until transparent.	
Soft bread crumbs	500 g	2.5 L		
Tomatoes, chopped	800 g A.P. 700 g E.P.	2 L		
Salt		30 mL		
Pepper		5 mL	Combine with onions. Stuff pepper halves.	
Thyme		15 mL		
Chicken bouillon or broth		1 L		
Cheddar cheese, grated	500 g	1 L		In bottom of each pan pour 500 mL bouillon. Bake at 180°C until peppers are tender (about 40 min).
				Sprinkle peppers with cheese and bake until melted.



## O'BRIEN POTATOES

50 servings (125 mL each)

INGREDIENTS	MASS	VOLUME	METHOD
Onion, chopped	600 g A.P. 550 g E.P.	1 L	Sauté onion in fat until transparent.
Fat		100 mL	
Potatoes, cooked, diced	5 kg A.P. 4 kg E.P.	6 L	Mix with onion.
Salt		25 mL	
Pepper		5 mL	
Fresh parsley, chopped		250 mL	
Pimiento, chopped		125 mL	
Fat	100 g	100 mL	Melt on grill. Add potato mixture. Stir and fry until browned.

## RUTABAGA (TURNIP) AND POTATO BAKE

50 servings (150 mL each)

INGREDIENTS	MASS	VOLUME	METHOD
Rutabaga, hot, mashed	6.4 kg A.P. 4.8 kg E.P.	4 L	Beat together until fine.
Potato, hot, mashed	2.5 kg A.P. 2.0 kg E.P.	1.5 L	
Margarine	250 g	250 mL	Beat in.
Eggs	300 g	6 OR 300 mL	
All-purpose flour	125 g	200 mL	Stir in. Portion into greased individual 150 mL baking dishes. Bake 25 min at 190°C.
Baking powder		50 mL	
Salt		30 mL	
Pepper		5 mL	
Nutmeg		5 mL	
Brown sugar	45 g	75 mL	



## SWEET AND SOUR BEANS

50 servings (125 mL each)

INGREDIENTS	MASS	VOLUME	METHOD
Green beans		2 L OR 4 cans (540 mL each)	Drain beans; reserve liquid
Wax beans		2 L OR 4 cans (540 mL each)	
Cornstarch	120 g	250 mL	Combine.
White sugar	420 g	500 mL	
Vinegar		500 mL	Add to cornstarch mixture. Stir and cook until thick and clear
Soy sauce		150 mL	
Liquid from beans		1.5 L	
Margarine	250 g	250 mL	Add margarine and beans to sauce. Heat thoroughly.

## VEGETABLE FRITTERS

60 servings (three fritters each)

INGREDIENTS	MASS	VOLUME	METHOD
All-purpose flour	2 kg	3.3 L	Combine.
Salt		50 mL	
Pepper		2 mL	
Curry powder		10 mL	
Baking powder	110 g	125 mL	
White sugar	50 g	60 mL	
Eggs		12 OR 600 mL	Combine. Add to dry ingredients. Mix only enough to moisten.
Milk		2 L	
Margarine, melted	200 g	200 mL	
Cooked vegetables, canned or frozen	2.4 kg E.P.	4 L	
Fat for frying			Drop by 30 mL scoop into hot fat. Deep fry 4 to 5 min at 180°C.

